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# Weekly Reader<sup>®</sup>

Senior Edition



## ***U.S. Athletes Gear Up For Summer Olympics***

See story pages 4-5.

U.S. track-and-field star Mike Powell soars in the long jump.



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## Blind Athletes Compete For Medals

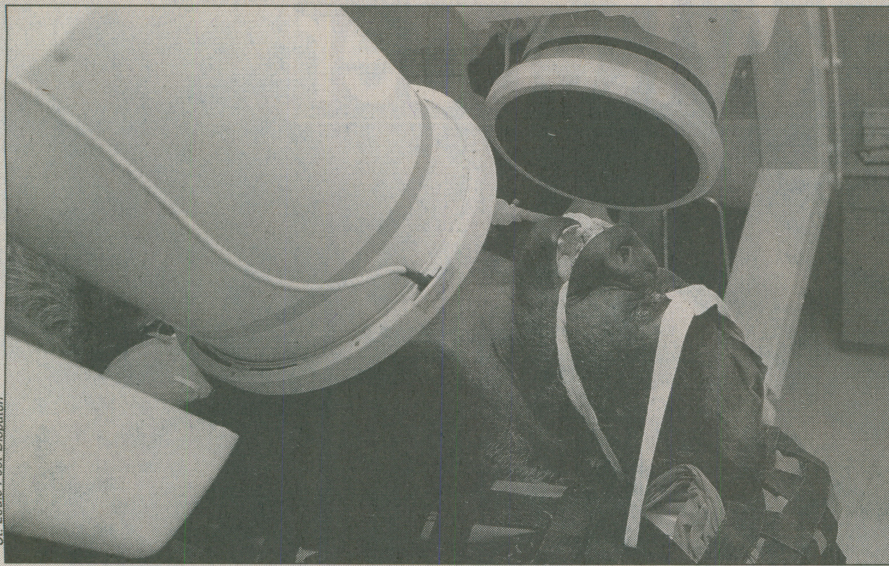
Tim Willis, who is completely blind, recently finished first in a 6-mile road race in New York. He ran with a sighted partner, who warned him about potholes or anything else that might have tripped him up.

Willis is one of hundreds of disabled athletes from around the world who will compete in the Paralympics this summer in Barcelona, Spain. The Paralympics are the Olympics for disabled athletes.

The competition will take place at the Olympic site from September 4 to 15. The Paralympics will include many Olympic events, such as swimming, judo, running, and shot put.

Among the sports played by blind athletes is a special kind of handball for the blind. The sport is played by two teams with three members on each. The ball used is larger than a regular handball, and it has bells so the athletes can hear where it is and try to hit it.

Blind athletes also compete in a tandem cycling event on bicycles built for two people. The lead cyclist is a sighted person, and the other cyclist is a blind person.



Fred, a 33-year-old gorilla, receives a special X ray to check for medical problems.

## High-Tech Equipment Helps Sick Animals

Fred, a silverback gorilla, had lost a lot of weight and was limping. Veterinarians decided to use high-tech equipment to examine Fred and perform tests.

But giving Fred medical tests wasn't easy. At 275 pounds, Fred is the Arnold Schwarzenegger of gorillas at the St. Louis (Mo.) Zoo. A doctor gave Fred medicine to make him sleep during the exam.

At a medical center, Fred's entire body was placed in a tube so he could be X-rayed. The tube is part

of special X-ray equipment that instantly gave doctors a view of Fred's brain and spinal cord. The equipment shows more detail than a regular X ray. It showed Fred has an injured spinal cord and arthritis. Veterinarians had a better idea how to treat Fred.

Fred is among a growing number of pets and zoo animals being helped by high-tech equipment invented for humans. This high-tech help enables some animals to live longer, healthier lives.

## Employer Pays Kids To Study

Four or five times a week, Mike Lucas shows up an hour early for his part-time job at a McDonald's restaurant. He finds a table and studies until it's time to go behind the counter and start cooking fries. Mike has a good reason to study at work—he gets paid for it.

Mike works at a McDonald's restaurant near Seattle, Wash. The McDonald's is one of four owned by Pat Newbury. A total of 260 people work at the four fast-food restaurants. About half of them are high school students. Newbury wants these employees to do well in school.

The students working at the four McDonald's can come in an hour before their regular shift or stay an hour after to study or do homework. They get paid their regular hourly wage for the time they spend studying.

Newbury also gives workers about \$10 for each A and \$5 for each B they earn in school. If they have proof that they are using or saving this money for college, he doubles the amount.



High school students earn money by studying before starting work at McDonald's in Seattle, Wash. From left, they are David Ortmann, Mike Lucas, and Rachel Sharpe.



# Will Women Runners Ever Beat Men's Times?



Marathoner Francie Larrieu-Smith, age 39, has been running since she was 13. In her long career, Larrieu-Smith has broken many records.

Championship women runners have been making great strides. Their winning times have been getting faster in many events. Will top women runners one day run as fast as or faster than top men runners?

That could happen soon, say researchers Susan Ward and Brian Whipp of the University of California. They say that women's record times are improving at a faster rate than are men's record times and that the best women marathoners' times may equal men's times by 1998.

## Women's Times Drop Faster than Men's Times

Over the last 70 years, women's record times have improved with each decade by about 14 meters per minute. (See graph.) Over the last 100 years, men's record times have improved by only about 7 meters per minute with each decade.

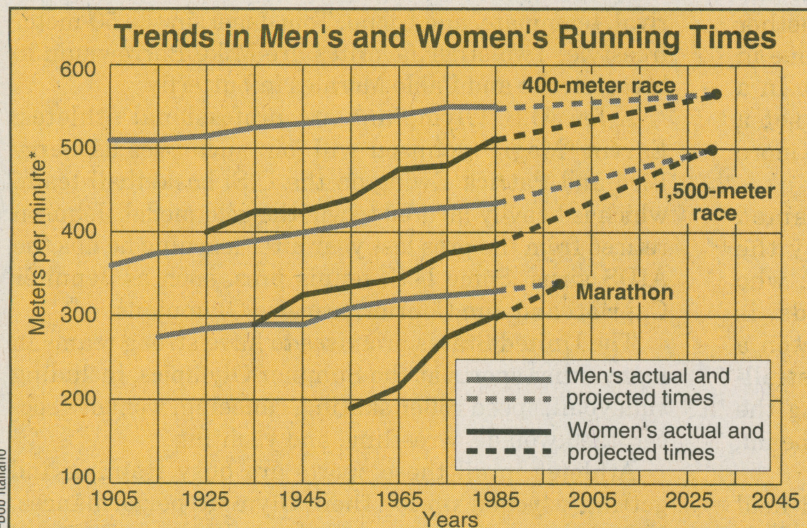
The researchers guess that the rapid improvement in women's times might be explained by improved early training programs for women runners and improved running shoes and track conditions.

The researchers say they can't predict whether women will actually outrun men in the future. But, the researchers say, the rate of improvement in women's times shows no signs of slowing.

The difference between men's and women's times is least at long distances and greatest at short distances. The researchers say that in shorter races, women's records aren't likely to equal men's records until some time in the next century.

Many coaches and sports experts say that the best women runners will never outrun the best men runners. Women's world cross-country champion Lynn Jennings says that women have physical disadvantages that will keep them from equaling men's record times.

Dr. Peter Snell, an exercise specialist and former gold-medal Olympic runner, agrees with Jennings. Snell says that men have larger muscles and stronger bones than women have. He also says that men have more red blood cells, which deliver oxygen to muscles. This oxygen helps build muscles that provide greater



## THINK & DISCUSS

What other reasons can you suggest for the rapid improvement in women's times in recent years?





—Mike DiGiorgio

## U.S. Athletes Gear Up For Summer Olympics

- *Kim Zmeskal, a 16-year-old favored to win a gold medal for the United States in gymnastics, works out every day from 7:30 a.m. until about noon. She does schoolwork in the afternoon, then heads back to the gym at night for a workout that ends at 9 p.m.*
- *Carl Lewis, at age 30, is a top U.S. runner and long jumper. He keeps in shape by eating very little fat and red meat. Instead of eating ice cream, which he loves, he snacks on fruit-juice bars.*
- *Jackie Joyner-Kersey, often called the best female athlete in the world, tunes up for the Olympics by racing in other meets. She recently won her first two national indoor titles but said she didn't do her best because there were so few spectators. "You work so hard, but it's hard to compete without fans. If we had a crowd, [I] would feel the warmth."*

Joyner-Kersey wants to be in peak form for the games the world will be watching this summer—the 1992 Summer Olympics. The games will be held in Barcelona, Spain, from July 25 to August 9.

Joyner-Kersey and Lewis are two U.S. superstars in track and field. Joyner-Kersey is expected to win the long jump and the heptathlon, a seven-event track-and-field competition. In the men's long jump, Lewis may be battling for the gold against teammate Mike Powell, the world's record holder.

Lewis is also expected to be a top contender for the gold medal in the 100-meter dash. The winner of this race is often called the "fastest man alive." Another U.S. star, Michael Johnson, is ranked number one in the world in both the 200- and 400-meter runs. In a field event, U.S. star Lance Deal recently set a world's record by hurling a 35-pound weight more than 80 feet.

Lewis and Zmeskal were recently named Sportsman and Sportswoman of the Year by the United States Olympic Committee. Zmeskal, who stands 4 feet 7 inches and weighs 80 pounds, is already a gymnastics giant. In 1991, Zmeskal won a gold medal in the world championships as best all-around gymnast. She won this title by scoring the highest total points for four events—balance beam, floor exercise, uneven parallel bars, and vault.

Olympic trials in gymnastics and track and field won't be held until June. But in some sports, U.S. Olympians have already been chosen. Experts say the U.S. swimming teams, for example, may be the



—Tony Duffy/Allsport

strongest ever. In Olympic trials for the women's team, 15-year-old Anita Nall and 19-year-old Jenny Thompson broke world's records.

In men's swimming, Matt Biondi, who won seven gold medals in the 1988 Olympics, returns to the U.S. team. He will be dueling for the gold with his longtime rival, teammate, and friend, Tom Jager, in the 50-meter freestyle. Two other favorites are Mike Barrowman in breaststroke and Pablo Morales in butterfly.

A few U.S. Olympians are professional athletes. Earvin "Magic" Johnson will join such pros as Larry Bird and Patrick Ewing on the U.S. basketball team, which is heavily favored to win the gold medal. Johnson retired from the pros last year after learning he has the AIDS virus. Some U.S. tennis pros, such as Jennifer Capriati and Jim Courier, are also Olympians.

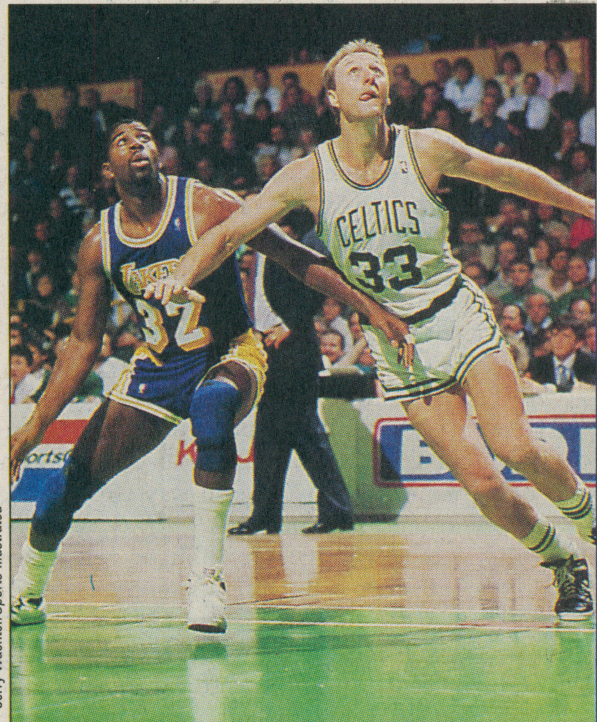
The United States promises to have strong teams in many other sports at the Summer Olympics, including volleyball, speed roller skating, canoeing, women's soccer, tae kwon do, wrestling, and yachting.

Athletes in all these sports are busy training and getting psyched up for their Olympic performances. U.S. fans are getting psyched too. With memories of the Winter Olympics fresh in their mind, they're getting ready to cheer once again for Team U.S.A.



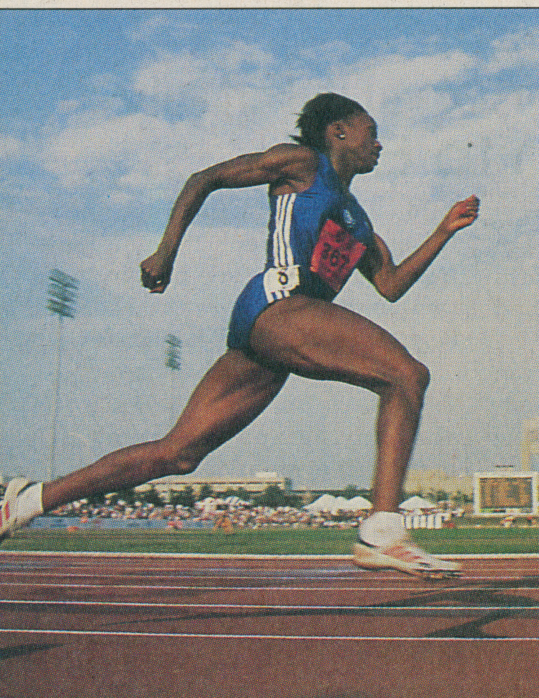


◀ Kim Zmeskal holds a pose on the balance beam. The U.S. teen is the current all-around world champion in gymnastics.

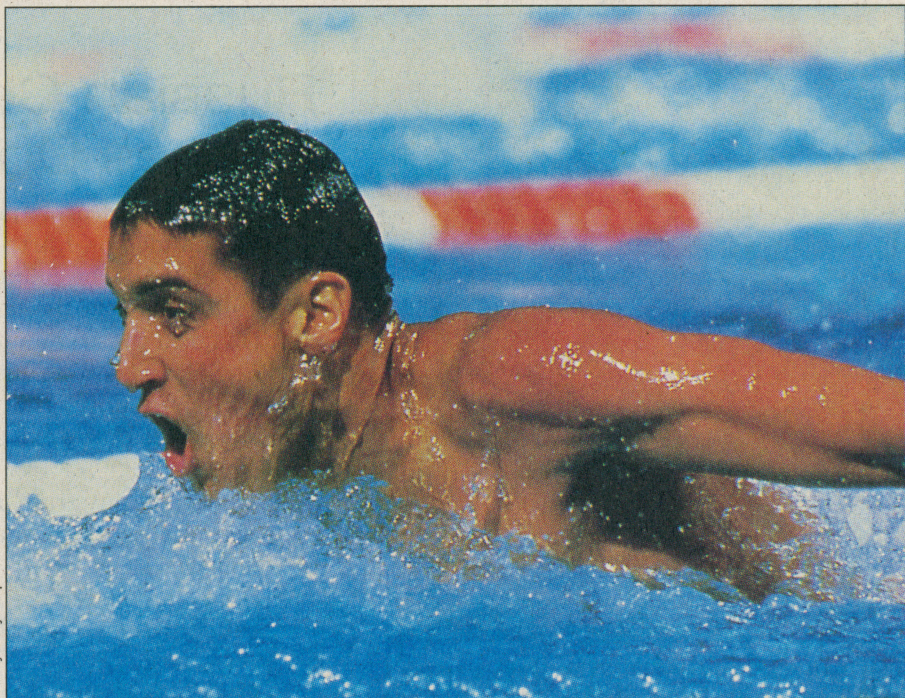


—Jerry Wachter/Sports Illustrated

Earvin "Magic" Johnson and Larry Bird battle as pro basketball stars. The two friends often played against one another until Johnson retired from the pros when he learned he has the AIDS virus. The two friends will be teammates on the U.S. Summer Olympic basketball squad. Johnson says he plans to play, even though some players from other nations have objected.



ie Joyner-Kersey shows winning form as she around the track. Joyner-Kersey is often called best female athlete in the world.



—Tony Duffy/Allsport

In the Summer Olympics, Pablo Morales will be going after the longest-standing swimming world's record—a record he set in 1986 in the 100-meter butterfly.



# Don't Keep Abuse a Secret

By Leon Rosenberg, Ph.D.  
Johns Hopkins Children's Center

It's not against the law for a parent to spank a child. But by law in the United States, parents cannot injure their children. Hurting a child by causing bruises, cuts, bleeding, or broken bones is a crime called *child abuse*.

Kids who are being abused by a parent are often too scared to tell anyone what is happening to them. They often hide their bruises by wearing clothing that covers them up. If they can't hide the bruises, they sometimes lie and say they fell and hurt themselves.

When kids who are abused tell their friends what is happening to them, they often ask their friends to keep it a secret. They do this not just because they are afraid of an abusive parent; they often also love the parent and don't want anything bad to happen to him or her.

If you know about a friend who is being abused, you shouldn't keep it a secret. If you do, your

friend will keep being hurt. Your friend needs help. You should act.

You don't have to know if your friend is really being abused. That's not your job to figure out. Trained people can examine the situation and decide whether a child is being abused.

How do you find the right people to tell? You could start by telling your parents or a school counselor what you have seen and heard and why you are worried. These adults will call the right agency, often called a protective services agency. In smaller towns, adults might call the police.

You might be worried about how your friend will feel about your telling. Your friend might be angry and might decide not to be your friend anymore. That's sad, but at least you will know that you have been a real friend: You have tried to save your friend from harm.

stop using  
words  
that hurt.



Start using words that help.

Words can hit a child as hard as a fist. And leave scars that last a lifetime. Even when you're upset...stop! Think about what you're saying. For helpful information, write: National Committee for Prevention of Child Abuse, Box 2866E, Chicago, IL 60690.



—Child Abuse Prevention Campaign/Volunteer Agency, Lintas

## Amazing People



Russian cosmonaut Sergei Krikalev has to be helped out of his capsule after reaching Earth. Later, he was given smelling salts.

## Russian Cosmonaut Finally Comes Down to Earth

When Russian cosmonaut Sergei Krikalev landed on Earth after ten months in space, he found a world very different from the one he had left. He faced these changes.

- The Soviet Union had broken apart, so the country that had sent him into space didn't exist when he returned.

- The space program is having money troubles, so he may be out of a job soon.

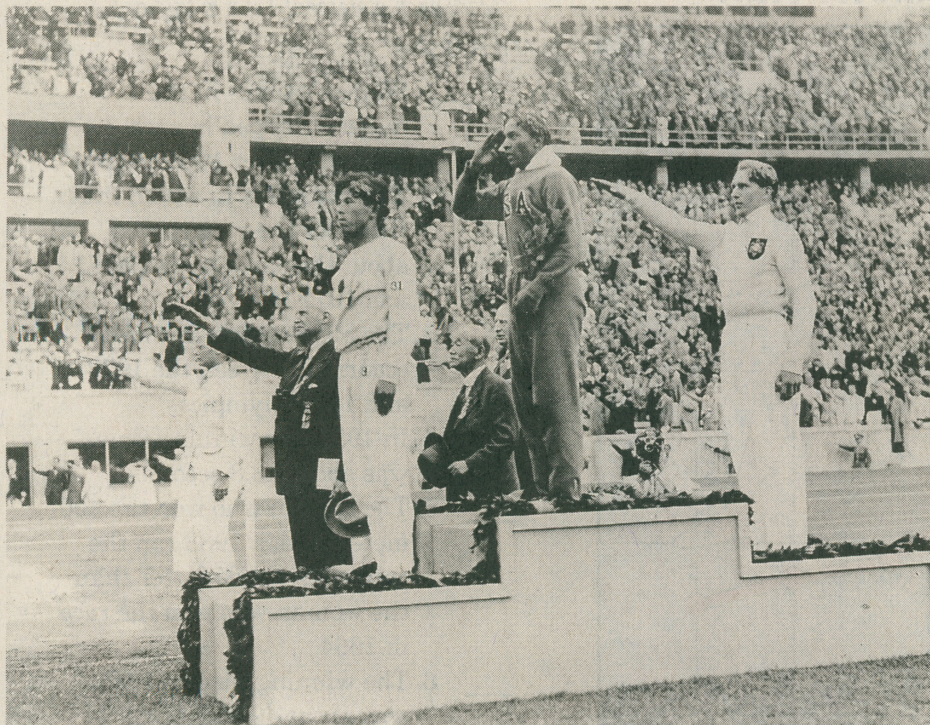
- His home town of Leningrad is now called by one of its old names, St. Petersburg.

Krikalev said that the changes weren't too upsetting. After all, he

said, he lived in the republic of Russia, which kept its name. And he was happy to see his wife and two-year-old daughter, who had begun talking while he was away.

Krikalev is probably happy just to be back on Earth because his stay on the space station *Mir* lasted five months longer than planned. For a time, he was uncertain about when he would be allowed to land or if he would have enough oxygen to survive. His trip was extended because of squabbling among the people operating the space program and the new leaders in his country.





U.S. athlete Jesse Owens, center, stands on the gold-medal-winner's platform at the 1936 Olympics in Berlin, Germany. A German athlete and another man give the Heil Hitler salute, but Owens does not.

## Magic Moments in Olympic History

- **1936 Olympics.** The Summer Olympics are in Berlin, Germany, and the racist Nazi party controls the nation. Nazi leader Adolf Hitler watches runners line up for the 200-yard dash. Hitler has boasted that white German athletes will win. Jesse Owens, a black man, is a U.S. runner. He shows courage by competing; some fear the Nazis will hurt him. As Hitler watches, Owens beats a German runner. Owens wins a total of four gold medals in track and field.
- **1960 Olympics.** Wilma Rudolph got polio when she was four. She didn't walk well until age 11. But Rudolph had courage. Once she could walk, she decided to run. At the 1960 Summer Olympics in Rome, she becomes the first U.S. woman to win three gold medals in track and field.
- **1972 Olympics.** Mark Spitz, a U.S. swimmer, sets a record by winning seven gold medals in one Olympics.

## Senior Sleuths

Sleuths Heather and Jason are called away from a picnic to meet Police Chief Henderson at a dinner for Summer Olympics athletes.



"I need help," the Chief tells the Sleuths. "The star U.S. woman runner, Sheba Raser, is scheduled to speak here tonight and pick up a solid gold trophy."

"But *three* women have shown up, each claiming that she's Raser. We don't know who should get the gold trophy," the Chief says.

"These two are fakes," says the first woman. "I'm going for the gold in Madrid."

"I'm Raser," says the second woman, who is jogging in place. "My friend Jackie Joyner-Kersey and I will do our best to win the gold."

"I'm Sheba Raser," says the third woman, puffing hard as she finishes a wind sprint. "I'm such a good runner that I expect to beat the top male runner, Tom Jager."

"Two of you are all wet," says Jason, laughing.

"You'd better start reading the newspaper," says Heather.

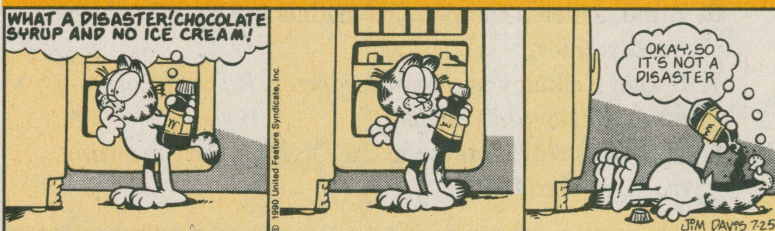
**Which two women are fakes? What two clues tip off Jason and Heather?**



Which President . . .

. . . caught a cold during a long inaugural speech and died a month later?

## GARFIELD By Jim Davis



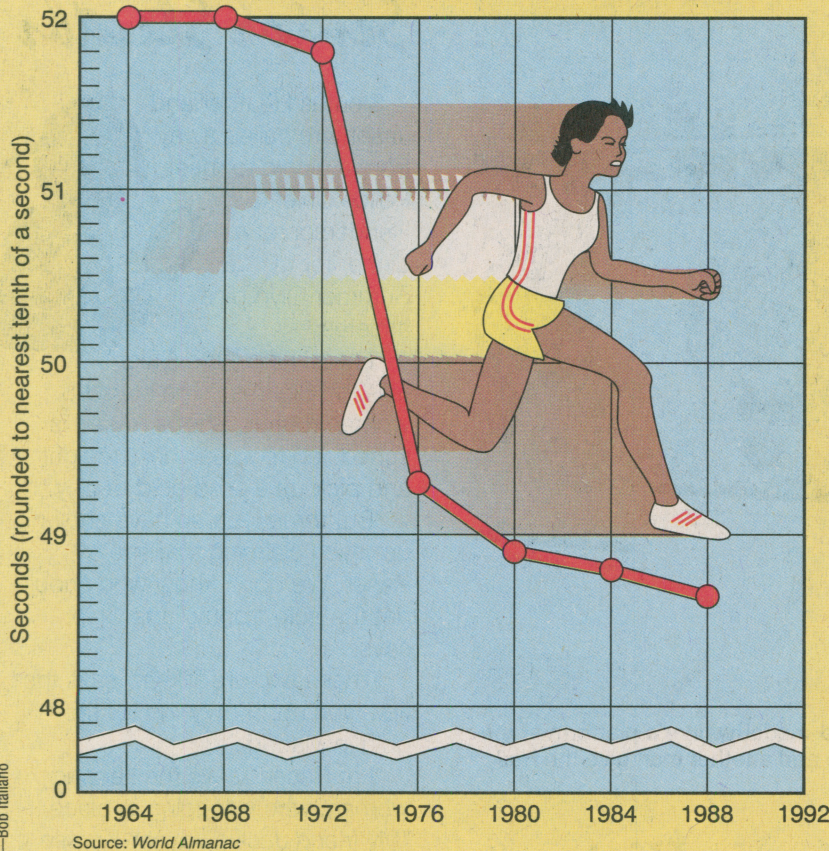
—Reprinted with permission of UFS, Inc.



## Olympic Winning Times: Women's 400-Meter Run

## Graph Reading

Mark each statement T if it is true or F if it is false.



1. Women's times in the 400 meters dropped in each Olympics after 1968.
2. The two years in which the times for the race stayed about the same were 1968 and 1972.
3. The biggest drop in times occurred between the 1972 and 1976 Olympics.
4. In 1984, the winning time was about 48.8 seconds.
5. The woman who won the 400-meter race in 1988 ran the race 4.4 seconds faster than the woman who won the race in 1964.
6. The winning time in 1980 was about 49.8 seconds.

## THINK ABOUT THE GRAPH

Why does the trend line for the women's 400-meter race go down on this graph and up on the graph on page 3?

## News Comprehension

Underline the word, words, or number that best completes each statement.

1. Over the last 70 years, women's record running times have improved with each decade by about (7, 14, 21) meters per minute.
2. The difference between men's and women's record running times is greatest at (long, middle, short) distances.
3. Kim Zmeskal is favored to win a gold medal in (gymnastics, track, swimming).
4. A U.S. Olympic swimmer is (Carl Lewis, Mike Powell, Matt Biondi).
5. One McDonald's restaurant pays kids to (study, read for fun, recruit customers).
6. Blind athletes compete for medals in the (Olympics, Paralympics).
7. Sergei Krikalev is a (gorilla doctor, Russian cosmonaut, McDonald's owner).
8. U.S. pros will compete in the Olympics in (wrestling, track, basketball).

## News Vocabulary

Write the letter of the definition that best fits each word or words as they are used in this issue.

- |                      |                     |
|----------------------|---------------------|
| _____ 1. heptathalon | _____ 6. high-tech  |
| _____ 2. freestyle   | _____ 7. tandem     |
| _____ 3. tae kwon do | _____ 8. stride     |
| _____ 4. arthritis   | _____ 9. marathon   |
| _____ 5. spinal cord | _____ 10. cosmonaut |
- a. a swelling of the joints
  - a. a seven-event competition in track and field
  - a. a cord of nerves that extends from the brain down the back
  - a. use of electronic or computerized devices
  - a. a competition in which a contestant uses a style (as in swimming) of his or her choice
  - a. a martial art similar to karate
  - a. having parts arranged one behind the other
  - a. an outdoor race of 26 miles, 385 yards
  - a. a long step; a great advance
  - a. an astronaut from the former Soviet Union

This is your last issue of *Weekly Reader* for this school year. **Have a great summer!**